Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. (Currently amended) A composition comprising:
   (i) an amount of encapsulated Vitamin E such that when the composition is divided into unit doses each unit dose contains at least 100 International Units Vitamin E,
   (ii) from about 0.5% to about 10% by weight based on total weight of the composition, of precipitated silica,
   (iii) from about 1% to about 10% by weight, based on total weight of the composition, of calcium silicate,
   (iv) from about 5% to about 50% by weight, based on total weight of the composition, of microcrystalline cellulose,
   (v) from 0 to about 5% by weight, based on total weight of the composition, of talc; and
   (vi) an amount of vitamins in addition to Vitamin E and an amount of additional minerals;
   wherein the precipitated silica and the calcium silicate is present in a total amount of over 4% by weight, based on total weight of the composition; the encapsulated Vitamin E and the total amount of silica and calcium silicate is present in a ratio of from 3:1 to 6:1; and the composition is compressible into stable tablet or caplet unit doses containing the encapsulated Vitamin E in the matrix of said tablet or caplet in which no Vitamin E leaches out of encapsulated Vitamin E into the tablet or caplet matrix when the tablet or caplet is stored at room temperature for a period of at least twelve months from the date of manufacture of the tablet or caplet or when stored for three months at 40°C and a relative humidity of 75%.

2. (Previously presented) The composition, as claimed in Claim 1, wherein each unit dose contains at least 200 International Units Vitamin E.

3. (Original) The composition, as claimed in Claim 1, wherein the total amount of precipitated silica and calcium silicate is at least about 5%.

4. (Original) The composition, as claimed in Claim 1, wherein the total amount of precipitated silica and calcium silicate is from about 5% to about 8%.

5. (Original) The composition, as claimed in Claim 1, wherein the calcium silicate is present in an amount of about 4.5% and the precipitated silica is present in an amount of about 4%.

6. (Original) The composition, as claimed in Claim 1, wherein the talc is present in an amount of from about 1% to about 5%.

7. (Original) The composition, as claimed in Claim 1, wherein the proportion of encapsulated Vitamin E : precipitated silica : calcium silicate is 2-50 : 1-10 : 1-10.

8. (Previously presented) The composition, as claimed in Claim 1, wherein the microcrystalline cellulose is present in an amount of about 30%.

9. (Original) The composition, as claimed in Claim 1, wherein the encapsulated Vitamin E is Vitamin E acetate beadlets.

10. (Original) The composition, as claimed in Claim 1, wherein the encapsulated Vitamin E is spray dried Vitamin E.

11-13. (Canceled).

14. (Previously presented) A method of providing a cardiovascular benefit to a human comprising orally administering to said human a daily dose of one or more stable tablets or caplets prepared by compressing the composition of Claim 1, said Vitamin E, additional minerals and vitamins being present in amounts effective to decrease homocysteine level in said human, and wherein each unit does contains at least 100 International Units Vitamin E.

15. (Previously presented) The composition, as claimed in Claim 1, wherein the additional minerals and vitamins are selected from Folic Acid, iron, lycopene, β-carotene, β-cryptoxanthin, lutein, α-carotene, zeaxanthin, Vitamin B_6, Vitamin B_{12}, Magnesium, Vitamin C, Selenium, Vitamin K, Vitamin A, Vitamin D, Thiamin, Riboflavin, Niacin, Biotin, Pantothenic Acid, Calcium, Chromium, Copper, Manganese, Molybdenum, Zinc, Boron, Chloride, Iodine, Nickel, Phosphorous, Potassium, Silicon, Tin, Vanadium, and mixtures thereof.